

تحت رعاية
معالي الوزير الأستاذ الدكتور/ رضا حجازي
ورئيس الادارة المركزية لتطوير
المناهج
الأستاذ الدكتور/ أكرم حسن

شرح مفصل وتمارين متنوعة
لمنهج اللغة الانجليزية Connect 4
للفيف الرابع الابتدائي

اعداد

- حنان على الصغير
- حسام محمد الشناوي
- سماح سليمان أحمد
- محمد إبراهيم فرحات

مراجعة

- رضا محمد الجوهري

تحت اشراف

أ/ إيمان محمود يوسف

مستشار اللغة الانجليزية

Food and Drink

Key Vocabulary

word	meaning	Example
chicken	دجاج	I like fried <u>chicken</u> .
grapes	عنب	I eat green <u>grapes</u> after lunch.
milk	لبن	I drink <u>milk</u> at night.
onions	بصل	<u>Onions</u> make me cry.
mangoes	مانجو	My dad bought delicious <u>mangoes</u> .
bananas	موز	I make milkshake with <u>bananas</u> .
rice	أرز	Mom cooks <u>rice</u> when we eat fish.
sugarcane	قصب السكر	We grow <u>sugarcane</u> in Egypt.
watermelon	بطيخ	<u>Watermelon</u> is full of black seeds.
potatoes	بطاطس	Mom made chips from <u>potatoes</u> .

Reading :

Mum: Lunch is ready. I made some special food for us.

Maged: Mom, it looks delicious!

Mum: Which food comes from our country, do you think?

Maged: I think we grow rice in Egypt.

Mum: Yes, that's right. What else?

Maged: Hmmmm, I think we raise chicken in Egypt.

Mom: Yes and tomatoes and onions. Egyptian farmers produce many things you see in this table. Let's eat!

Maged: Yum!

Language Notes

I think

I think

إذا كنت غير متأكد من معلومة ابدأ كلامك بـ

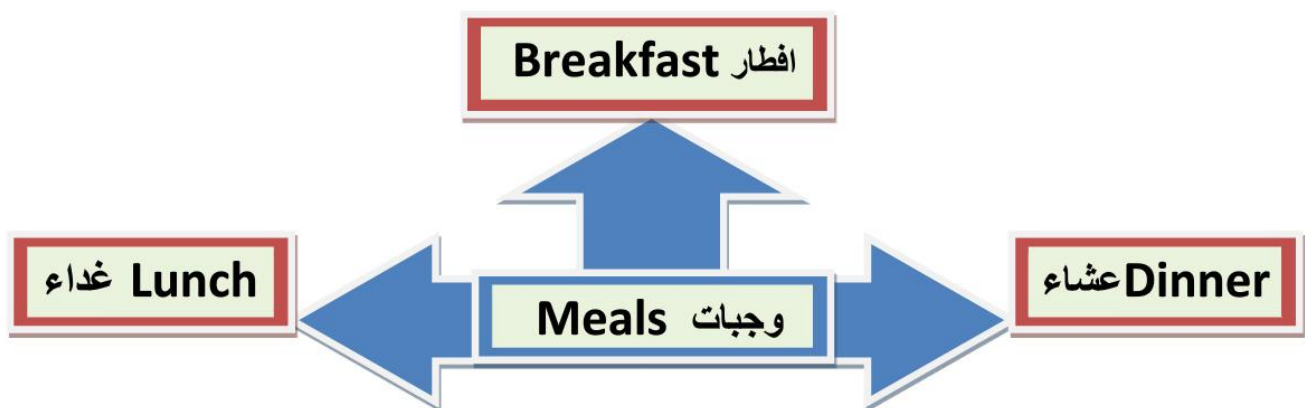
I think we grow rice in Egypt.

أنا أعتقد أننا نزرع أرز في مصر.

I think we raise chicken in Egypt.

أنا أعتقد أننا نربي الدجاج في مصر.

هيا أو دعنا Let's	
Let's + inf	نضع بعدها الفعل في المصدر
Let's go out	هيا نخرج
Let's eat	هيا نأكل
Great / Good idea	للرد على الاقتراح بالموافقة
No thanks	لرفض الاقتراح



The Main ideas of the reading text:

- Mom made a special food for us.
- We grow rice in Egypt.
- We raise chicken in Egypt.
- Egyptian farmers produce many things.

General Exercises on Lesson 1

1- Choose the correct answer:

1- We have ----- in the afternoon.

- a) breakfast b) lunch c) supper d) dinner

2- I ----- we raise chicken in Egypt.

- a) think b) drink c) come d) visit

3- Let's ----- some chicken.

- a) ate b) eat c) eats d) eating

4- We have breakfast on the -----.

- a) chair b) floor c) table d) desk

5- Lunch is -----.

- a) ready b) heavy c) busy d) red

2- Read and complete the text with the words in the box:

grow - eat - onions - raise

Egyptian farmers produce many things. They(1)----- rice in Egypt. They(2)----- chicken in Egypt. Farmers grow tomatoes and(3)----- .

3- Read the text and answer the questions:

I'm Sajid. My mom made some special food for us. It looks delicious. My mom told me that we grow rice, tomatoes and onions in Egypt. We raise chicken in Egypt. Egyptian farmers produce many things you can see on your table.

Put true (T) or false (F)

- 1- Sajid's mom made some special food. ()
2- We raise lions in Egypt. ()
3 -We grow bananas in America. ()

Answer the following:

1- What do we grow in Egypt?

2- Do we raise chicken in Egypt?

4- Punctuate the following sentence:

i have dinner with my friend ahmed on sunday.

Connect 4

3

Primary 4 1st term

Connect 4

Unit 1 " I Feel Good "

Lesson 2

Lesson 2 : I'm healthy

Key Vocabulary

word	meaning	Example
candy	حلوى	I don't eat a lot of <u>candy</u> .
wheelchair	كرسي متحرك	He uses a <u>wheelchair</u> .
scientist	عالم	My uncle Salim is a <u>scientist</u> .
vegetables	خضروات	I eat a lot of <u>vegetables</u> .
interesting	مهم	This film is very <u>interesting</u> .
milkshake	مخفوق اللبن	I like banana <u>milkshake</u> .
drink cola	يشرب كولا	He <u>drinks cola</u> every day.
basketball	كرة السلة	I play <u>basketball</u> .
busy	مشغول	I think they are <u>busy</u> .
burger	سندوتش برجر	My mom makes yummy <u>burger</u> .

Listen to Adam, Dareen, and Judy talking about being healthy. Label the photos:

Teacher: Do you think you're healthy, Judy?

Judy : Yes, I do. I do a lot of sports at school. On the weekend, I walk to my grandma's house with my family. I really like walking because I can talk to my mom and dad. We can see the different houses and shops. I don't eat candy, but I like fruit. My favorite fruits are bananas and watermelon. My mom makes an awesome banana milkshake!

Teacher: Do you think you're healthy, Adam?

Adam : Yes, I'm in a wheelchair basketball team at school. We practice three times every week. I drink cola, but I want to drink more water. I don't play video games because I'm very busy. I play basketball and I play football in the park.

Teacher: Do you think you're healthy, Dareen?

Dareen: Yes, I think I'm healthy. My mom and I go walking in the desert with my dad. Dad is a scientist and he likes looking at animals and plants. We go with him every weekend. It's very interesting, but it's very



hot sometimes! I only drink water because I don't like cola. I love burgers but I only eat one a week. My mom makes yummy salad.

Connect 4
Connect 4

4
Unit 1 "I Feel Good "

Primary 4 1st term
Lesson 2

The Main ideas of the reading text :

- I do a lot of sport at school.
- I don't eat candy, but I like fruit.
- We practice basketball three times a week.
- I drink a lot of water to be healthy.

Language notes	
And و : <i>to add two ideas together</i>	But لكن : <i>to contrast two ideas</i>
I eat vegetables and do sports .	I want to play basketball, but my leg hurts.
Dad is a scientist and he likes animals and plants.	I like eating fruits, but I don't like eating candy.

- Read and Put (and or but)

- 1- Sara likes ice cream ----- chocolate.
- 2- I like chicken,----- I don't like meat.
- 3- Farmers can grow rice----- tomatoes.
- 4-I like English,----- I don't like math .

General Exercises on Lesson 2

1- Read and complete the text with the words in the box:

like - and - different - likes

I really like walking because I can talk to my mom and dad. We can see the (1) ----- houses and shops. I don't eat candy, but I (2) ----- fruit. My favourite fruits are bananas (3) ----- watermelon.

2- Reorder the words to make correct sentences :

1- play – the – park – I – in – football .

2-in – basketball – I'm – team – a – playing .

Connect 4

5

Primary 4 1st term

Connect 4

Unit 1 "I Feel Good "

Lesson 2

3- think – you – healthy – Do – you are ?

4- it – Is – hot – very – in – desert – the ?

3- Read the text and answer the questions:

I'm in a wheelchair basketball team at school. We practice three times every week. I drink cola, but I want to drink more water. I don't play video games because I'm very busy. I play basketball and football in the park.

Put true (T) or false (F)

1 -I play video games. ()

2- I drink cola, but I want to drink more water. ()

3- I play basketball and I play handball in the park. ()

4- We practice basketball three times every week. ()

Answer the following questions:

3- Why don't you play video games?

4- Where do you play basketball and football?

4-Read and match (A) with (B)

(A)	(B)
1-I drink water	a) basketball.
2-I practice	b) an awesome milkshake.
3- Who doesn't	c) but I don't drink cola.
4- My mom makes	d) and a book .

e) eat candy ?

5- Punctuate the following sentence:

it 's very interesting but it s very hot sometimes.

Connect 4

6

Primary 4 1st term

Connect 4

Unit 1 " I Feel Good "

Lesson 3

"The empty pot: A folktale from China"

Key Vocabulary

word	meaning	Example
emperor	امبراطور	The <u>emperor</u> is the ruler of the country.
palace	قصر	The emperor lives in a big <u>palace</u> .
important	مهم	Water is very <u>important</u> for our life.
competition	منافسة	There is a strong <u>competition</u> between me and my classmates .
seeds	بذور	We should look after <u>seeds</u> to be a good plant.
beautiful	جميل	My new dress is <u>beautiful</u> I like it.
gardener	بستاني	The <u>gardener</u> plants flowers , trees and looks after gardens.
look after	يعتني ب	The mother always <u>looks after</u> her children.
bring back	يعيد	If you find my book , please <u>bring</u> it <u>back</u> to me .
nothing	لا شيء	I have <u>nothing</u> to do this evening.
everyone	الجميع / كل شخص	<u>Everyone</u> loves to be an emperor.
dead	ميت	The Fish becomes <u>dead</u> if you take it out of the water.
honest	أمين	You should be <u>honest</u> with people

verbs

verb	Meaning	past
Win	يفوز	Won

Water	يروي / يسقي	Watered
Live	يعيش	Lived
give	يعطي	gave
try	يحاول	tried
grow	ينمو	grew
work	يعمل	worked

Connect 4

7

Primary 4 1st term

Connect 4

Unit 1 " I Feel Good "

Lesson 3

(الاناء الفارغ / أسطورة / قصة خرافية من الصين)

Read and Listen : "The empty pot : A Folktale from China!"



Cheng lived long ago in China. The **most important** man in China was the **emperor**. He lived in a beautiful **palace**. One day the emperor said " There will be a **competition**. I will give a seed to each **gardener**. The one who grow the **most beautiful** plant from the seed will be the next emperor " " Take the pot and the seed. Plant it " says the emperor.

" Make it grow into a beautiful plant. Then **bring** the plant **back** to me . " Cheng was very good at growing things and **looking after** his garden . He put the seed in the sun and gave it water. But **nothing** happened. Cheng tried for weeks but no plant grew. The other gardeners had plants that grew. At the palace, all the gardeners have beautiful plants.

" Where is your plant? " the emperor asks Cheng . " I worked very hard. I watered it every day, " says Cheng. " But it didn't grow . "

" Then you win ! " says the emperor. " The seeds I gave **everyone** were **dead**. The seeds cannot grow. Only you are good and **honest**. So you will be the next emperor! "

The main ideas of the reading text

- The most important man in China was the emperor.
- The emperor lived in a beautiful palace.
- There was a competition between gardeners .
- The one who grow the most beautiful plant will be the next emperor.
- Cheng tried for weeks but no plant grew.
- Cheng was good and honest.
- Cheng will be the next emperor.
- You should be honest to win .

Connect 4

8

Primary 4 1st term

Connect 4

Unit 1 " I Feel Good "

Lesson 3

Exercise1- Reorder the words to make correct sentences :

1- was – very – at – growing – Cheng – good – things .

2- grow – can – Who – the – most – plant – beautiful ?

3- the most – man – important – was – China – The emperor – in .

Exercise2-Listen and write T(True)or F(False): (نص الاستماع ص21) T F

- | | | |
|--|-----|-----|
| 1- Cheng won't be the next emperor. | () | () |
| 2- Cheng worked very hard and watered plant every day. | () | () |
| 3- All the gardeners have beautiful plants. | () | () |
| 4- Cheng was good and honest. . | () | () |

PRONUNCIATION

Short vowel/ with one vowel	Long vowel/ with 2 vowels
تحتوي الكلمة على حرف متحرك واحد من الحروف المتحركة	تحتوي الكلمة على أكثر من حرف متحرك
الحروف المتحركة هي a – e – i – o – u	
cat قطة	lake بحيرة
math رياضيات	rice أرز
ten عشرة	home منزل
cut يقطع	cute لطيف

fig	تين	blue	أزرق
-----	-----	------	------

Exercise 3 put the following words in the correct column :

clean – sit – feet – dog – beat – bat

Short vowel	Long vowel

Connect 4 9 Primary 4 1st term
Connect 4 Unit 1 " I Feel Good " Lesson 3

Look at the pictures and complete the words :



b – g



c – k –



m – m



n – s –



m – x



r – c –

Read and change the verb with “re” :

The prefix “re” means again. We use “re” instead of again بمعنى مرة

تأتي قبل الفعل بمعنى يعيد الفعل، و نستخدمها بدل again أخرى

Replay يعيد كتابة rewrite - يعيد لعب / يعيد تشغيل

- She made a cake again. She remade a cake .

- They visited the town again . They revisited the town.

1- He read the story again .

2- We bought ice cream again .

3- She cleaned her room again .

Connect 4
Connect 4

10
Unit 1 " I Feel Good "

Primary 4 1st term
Lesson 3

CLIL : MATH

Ascending order: from the smallest to the largest number

الترتيب التصاعدي نبدأ بالعدد الأصغر ثم الأكبر مثال : 1 - 4 - 27 - 36 - 48

Comparing large digits

مقارنة الاعداد الكبيرة

1 one - 10 ten - 100 one hundred – 1000 one thousand
– 100,000 one hundred thousand .

Look and say :

544,432

five hundred, forty-four thousand, and four
hundred thirty – two

178,880

one hundred, seventy – eight thousand and
eight hundred and eighty

Put the correct sign (> , < or =)

(بمعنى أصغر من <) (بمعنى أكبر من >) (بمعنى يساوي =)

1-	655,534		698,881
2-	10,000,000		ten million
3-	100,000,000		99,999,999

Arrange these numbers in ascending order:

1) 87,909 – 87,092 – 87,990

2) 20,000 – 20,310 – 19,311

3) 233,346 – 10,009 – 20,665

Connect 4

11

Primary 4 1st term

Connect 4

Unit 1 "I Feel Good "

Lesson 3

General Exercises on Lesson 3

1-Choose the correct answer from a ,b , c or d :-

1- The seed was ----- . It didn't grow.

a) alive b) dead c) good d) nice

2- A ----- is a person who looks after gardens.

a) emperor b) doctor c) teacher d)gardener

3- Cheng was good and ----- .

a)honest b) bad c) slow d) sad

4- We ----- our house.

a) reread b) rewrote c)repainted d) redid

2- Read and complete the text with the words in the box :

tried – looking after – gave – grew

Cheng was very good at growing things and(1) ----- his garden. He put the seed in the sun and(2) ----- it water. But nothing happened. Cheng (3) ----- for weeks but no plant grew. The other gardeners had plants that grew .

3-Write a paragraph of Twenty Four (24) words using the following guiding elements:

(win – the emperor)

" The empty pot "

2- Punctuate the following:-

- 1- salma recleaned her room -----
- 2- The honest man doesn't lie -----

Connect 4	12	Primary 4 1 st term
Connect 4	Unit 1 " I Feel Good "	Lessons 4&5

Food from Damietta

Key Vocabulary

word	meaning	Example
nutrients	عناصر غذائية	The land beside the river is rich in <u>nutrients</u> .
grow	يزرع	Farmers <u>grow</u> fruit and vegetables.
wheat	قمح	We make bread from <u>wheat</u> .
guavas	جوافة	<u>Guavas</u> are healthy fruit.
catch	يصطاد	Fishermen <u>catch</u> fish.
governorate	محافظة	Port Said is a <u>governorate</u> in Egypt.
about	حوالى / تقريبا	<u>About</u> 1 million people live in this city.
famous	مشهور	Adel Emam is very <u>famous</u> .
presentation	عرض تقديمي	The <u>presentation</u> of group 2 was interesting.
Poster	ملصق اعلاني	Show your <u>poster</u> to the class.

Irregular verbs

verb	Meaning	past
grow	ينمو	grew
catch	يصطاد	caught

Important expressions and prepositions :

* rich in	غنى ب
*famous for	مشهور ب
* part of	جزء من
*live in	يعيش في

Connect 4

13

Primary 4 1st term

Connect 4

Unit 1 "I Feel Good "

Lessons 4&5

Exercise 1- Choose the correct answer from a ,b , c or d :

1. Farmers ----- rice, tomatoes and guavas in Damietta.

- a) play b) grow c) raise d) keep

2. The land in Damietta is rich in -----.

- a) nutrients b) fish c) books d) cola

3. ----- and grapes are healthy fruits.

- a) Onions b) Tomatoes c) Guavas d) lemons

4. Fishermen ----- thousands of fish in the sea.

- a) grow b) catch c) plant d) draw

5. About 1 million people live ----- Port Said.

- a) in b) at c) for d) on

Exercise 2- Reorder the words to make correct sentences :

1. rice - We - Egypt -grow -in .

2. do - farmers - What - grow - in - Minia ?

3. rich - is - in - The - Damietta - nutrients - land .

Reading text “ Food from Damietta “

The land in Damietta is rich in nutrients. The farmers can grow rice, tomatoes, wheat, lemons, grapes and guavas. Fishermen catch thousands of fish in the sea. Cows, goats, and sheep live in Damietta governorate too. Domiati cheese is very famous. About one and a half million people live in this part of Egypt. Life is good in Damietta!

Connect 4

14

Primary 4 1st term

Connect 4

Unit 1 “ I Feel Good “

Lessons 4&5

The main ideas of the reading text

- The land in Damietta is rich in nutrients.
- Farmers can grow rice, potatoes and guavas.
- Fishermen catch fish in the sea.
- Cows, goats and sheep live in Damietta.
- Damietta is famous for Domiati cheese.
- Life is good in Damietta.

Exercise 3- Read and match [A] with [B]:

[A]

[B]

1. Damietta is famous
Damietta governorate.

2. The animals you see

3. The farmers grow

() a. live in

() b. tomatoes, potatoes, wheat, lemon
and guavas .

() c. for Domiati cheese.



4. About 1.5 million people ()d.in Damietta are goats, cows and sheep.

Exercise 4 -Answer the following questions:

1-What do farmers produce in Damietta?

2. What is Damietta famous for?

Connect 4	15	Primary 4 1 st term
Connect 4	Unit 1 " I Feel Good "	Lessons 4&5

How to write an e-mail (كيف تكتب بريد إلكتروني (إيميل))

To : نكتب البريد الإلكتروني الخاص بالمرسل إليه
From : نكتب البريد الإلكتروني الخاص بالراسل
Subject: موضوع الإيميل
Dear-----, إسم المرسل إليه
How are you? I hope you are fine. نكتب جملة افتتاحية مثل

See you soon. نختم بجملة ختامية مثل

Yours,
(التوقيع باسم الراسل)

A model e-mail (نموذج)

***Write an e-mail of about (18_24,) words about “Damietta governorate “ to your friend Hany. Your name is Ali and your e-mail address is ali@gmail.com. Your friend’s e-mail address is hany@gmail.com.**

To: hany@gmail.com

From: ali@gmail.com

Subject: Damietta governorate

Dear Hany,

How are you? I hope you are fine. Damietta governorate is famous for Domiati cheese. It’s healthy and yummy. The farmers in Damietta can grow fruit and vegetables. Fishermen catch thousands of fish in the sea.

See you soon

**Yours,
Ali**

Connect 4	16	Primary 4 1 st term
Connect 4	Unit 1 “ I Feel Good ”	Lessons 4&5

General Exercises on Lessons 4 & 5

1- Read and complete the text with the words in the box :

famous - grapes - governorate - grows

My uncle is a farmer. He lives in Ismailia (1) ----- .He gives the land water and nutrients . He (2) ----- tomatoes, potatoes and mangoes. Ismailia is (3) ----- for mango trees.

2- Read the text and answer the questions:

My name is Ali. I live in Port Said. It’s a wonderful governorate in Egypt. Fishermen catch thousands of fish in the sea every day. People grow some crops in parts of the governorate. My favorite food is rice and fish. less than one million people live in Port Said. Life is very good in Port Said.

A. Choose the correct answer from a, b, c or d:

1. ----- catch thousands of fish every day.
 a) Doctors b) Farmers c) Fishermen d) Teachers
2. The underlined word " wonderful " means -----.
 a) very nice b) very bad c) awful d) very old

B. Answer the following questions:

3. What is Ali's favorite food?

4. How many people live in Port Said?

3- Listen and write T(True)or F (False): نص الاستماع ص 2 T F

- | | |
|--|-------------|
| 1. Less than 2 million people live in Damietta. | () () |
| 2. Farmers can't grow lemon or potatoes in Damietta. | () () |
| 3. Life is good in Damietta. | () () |

Connect 4	17	Primary 4 1 st term
Connect 4	Unit 1 " I Feel Good "	Lessons 4&5

4 -Punctuate the following:

- farmers can grow rice
- i love my governorate

5- Write a paragraph of about TWENTY FOUR [24] words using the following guiding elements.

- What is Damietta famous for?
- What do farmers grow there?

Damietta governorate

Connect 4	18	Primary 4 1 st term
Connect 4	Sample Test 1 on Unit 1	

A – Listening (4 Marks)

نص الاستماع ص 21

1- Listen and write T (True) or F (False): (4 Marks)

True False

1	Healthy food should be clean.		
2	Healthy food is the number one cause of diseases.		
3	You mustn't wash the vegetables and fruit well before eating them.		
4	Foods which are prepared at home are better than fast foods.		

B – Reading (15 Marks)

2- Choose the Correct answer from a, b , c and d : (4 Marks)

1- Let's ----- basketball in the club.

- a) playing b) played c) play d) plays

2- Soha speaks French, ----- she can't speak Chinese.

- a) because b) but c) and d) of

3- He ----- his homework.

- a) recleaned b) repainted c) redid d) recycled

4- Fishermen ----- thousands of fish .

- a) catch b) grow c) plant d) live

3-Read and complete the text with the words in the box: (3 Marks)

Should - healthy - sick - eat

A person must be healthy, because a healthy person is someone who can work and produce. While a (1) ----- person can't work and does not produce. There are simple things you can do to be (2) ----- such as eating healthy food and you (3) ----- exercise regularly. Exercise protects body from disease. You should arrange your sleeping hours and eating hours.

Connect 4	19	Primary 4 1 st term
Connect 4	Sample Test 1 on Unit 1	

4-Read and match (A) with (B): (4 Marks)

(A)		(B)	
1	We practice football		a- he doesn't lie.
2	I drink water,		b- eat ice cream.
3	The farmers grow a lot of		c- three times every week .
4	Cheng was honest		d-fruit and vegetables.
			e-and eat healthy food.

5-Read the text and answer the questions: (4 marks)

Damietta, spelled Dimyat, city, capital of Dumyat (governorate), in The Nile River delta, Lower Egypt, on the Mediterranean coast. It is located 8 miles (13 km) from the Mediterranean. Damietta was an

important city of ancient Egypt and was closer to the sea than it is at present. Damietta is famous for its guava farms and palm trees. These farms cover the coast from Ras El Bar in the east to Gamasa in the west. Damietta also produces wheat, cotton, rice, potatoes, lemon, grapes and tomatoes. It is also famous for its sweet industry and Domiati cheese.

A: Choose the correct answer from a, b, c, or d:

1 –Damietta is famous for its -----.

- a) mango b) guava c) banana d) flower

2- Damietta is located 8 miles (13 km) from the -----

- a) Mediterranean b) Gamasa c) Ras El Bar d) The Nile River

B. Answer the following questions:

3-What is the main idea of the text?

4-What does the underlined word ancient refer to?

Connect 4

20

Primary 4 1st term

Connect 4

Sample Test 1 on Unit 1

C – Writing (11 Marks)

6- Reorder the words to make correct sentences : (6 marks)

1-mom – My – food – made – delicious – me – for.

2- good at – was – very – things – growing – Cheng .

3- don't – video – Why – you – play – games ?

7- Punctuate the following:

(1 mark)

he likes looking at animals and plants

8- Write a paragraph of Twenty Four (24) words using the following guiding elements (4 marks) (eat – chicken – rice – like)

<p style="text-align: center;">My favorite food</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>
--

Connect 4

20

Primary 4 1st term

Connect 4

Listening Texts

2-Listen and write T(True) or F(False):

Unit 1 Lesson 3 – Exercise 2

ص 9

At the palace, all the gardeners have beautiful plants.
“ Where is your plant? ” the emperor asks Cheng .“ I worked very hard. I watered it every day, “ says Cheng.“ But it didn’t grow .“
“ Then you win !” says the emperor. “ The seeds I gave everyone were dead. The seeds cannot grow. Only you are good and honest. So you will be the next emperor! “

3- Listen and write T(True)or F (False):

Unit 1 - General Exercises on Lessons 4 & 5

ص 17

The land in Damietta governorate is rich in nutrients. The farmers can grow rice, tomatoes, potatoes, wheat, lemons, grapes and guavas. Fishermen catch thousands of fish in the sea. Cows, goats and sheep live in Damietta governorate. Domiati cheese is very famous. About one and a half million people live in Damietta. Life is good in Damietta.

1- Listen and write T (True) or F (False):

Sample Test 1 on Unit 1

ص 19

Healthy food is very important for a healthy life. We must pay attention to the food we eat . Healthy food should be clean. You must wash the vegetables and fruit well before eating them. Foods which are prepared at home are better than fast foods. Fast food is the number one cause of diseases